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## TRAINING COLORED NURSES AT TUSKEGEE

By BOOKER T. WASHINGTON

ABOUT one-third of the sixteen hundred pupils that make up the student body at Tuskegee Institute every year are young women.

As in the case of the boys, so in the case of the girls, one-half of the school's time is spent in the class-room and the other is occupied in some form of productive labor. At present the time is so divided that a student who is to-day in the class-room studying books, will spend to-morrow at work at some trade. This arrangement makes it possible for students to do some serious work in the trades at the time that they are getting their academic training.

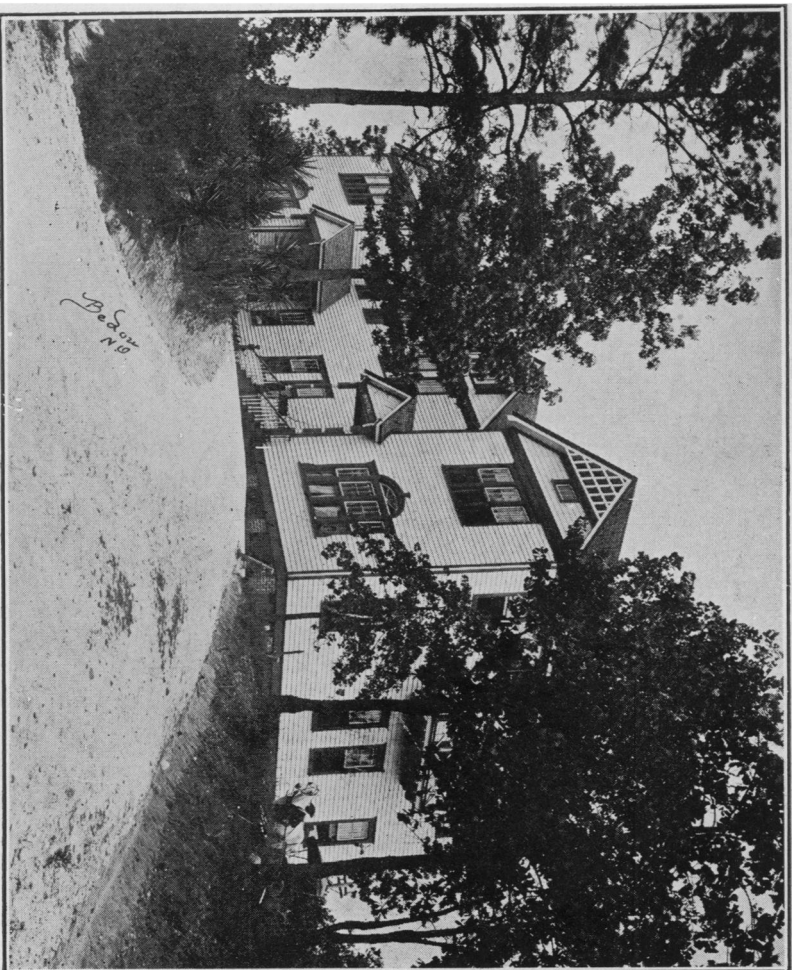
From the first, training for the profession of nursing has been popular among the young women at Tuskegee, and there has been no occupation in which our graduates have met with more success or have been of more service, both to the members of their own race and to the white people of the south.

The vocation of nurse training, like all the other trades at Tuskegee, grew up and found its place among the other industries taught, simply and naturally out of the necessities of the school.

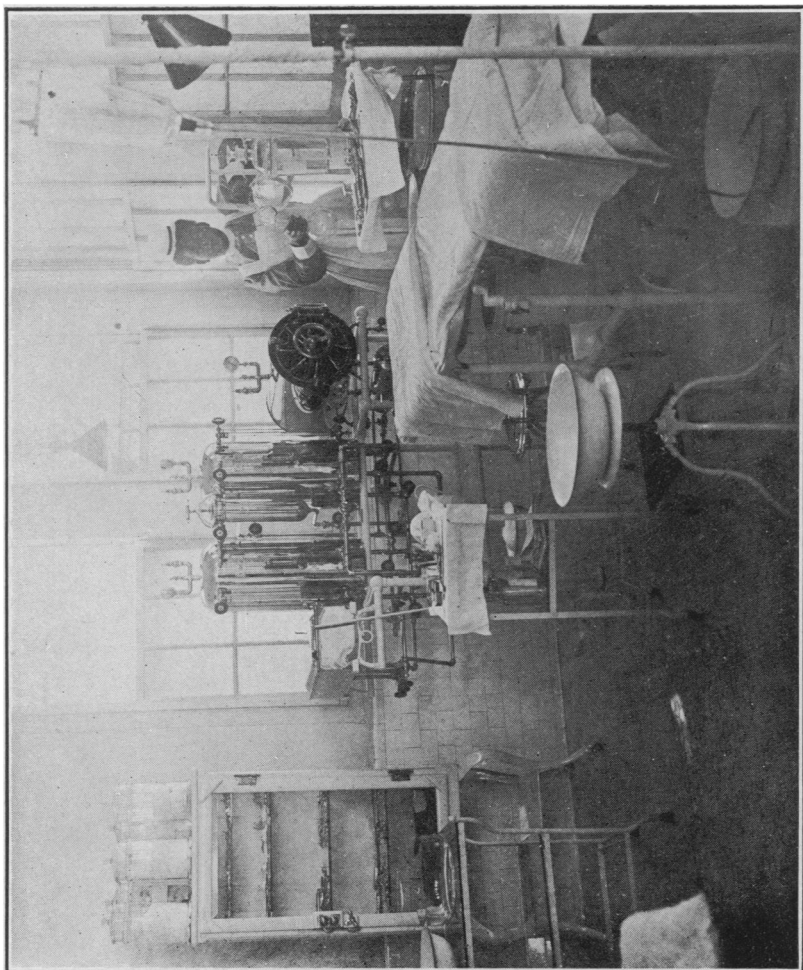
The institute was started on a plantation. One of the first things we needed was food, and so we began raising it, on the school farm. Then we needed buildings, so we introduced carpentry, and the students erected the buildings, under the direction of their teacher. As the school grew larger new wants arose, and, in every case, as soon as we were able to do so we set the students to work to supply them. In this way there grew up around the school an industrial community of nearly two thousand persons, including students with the teachers and their families, where something more than forty different industries were carried on, through which the students themselves, under the direction of their teachers, were able to supply nearly all the wants of the school.

Of course the school had not been in existence very long before some of us fell sick and it was necessary to detail some one as a nurse. After the hospital was established it was possible to permanently set apart a number of students as nurses, and it was in this way that the Nurses' Training School was started.

Colored women have always made good nurses. They have, I believe, a natural aptitude for that sort of work. Like the Negro man, however,



PUSKEGEE INSTITUTE HOSPITAL.



OPERATING ROOM, TUSKEGEE INSTITUTE HOSPITAL.

the Negro woman no longer has the opportunity she formerly had for getting the training and discipline necessary to make her proficient. Besides, nursing has in recent years become a profession which requires a long course of technical training. The nurses' training class has furnished colored girls with this technical training.

In the meantime, since our training school was started at Tuskegee, there has sprung up in every part of the south hospitals and infirmaries for colored people. A few years ago such a thing as a hospital for Negroes was comparatively rare, but, as the Negro physicians have begun to make some success and gain a standing in the south, they have established hospitals of their own. For instance, in 1884, three years after Tuskegee Institute was started, there was but one colored physician in the state of Alabama. At the present time there is a flourishing medical association with not less than 100 members in good standing. Besides that, there are no less than six infirmaries and hospitals in the state, supported and carried on by Negroes.

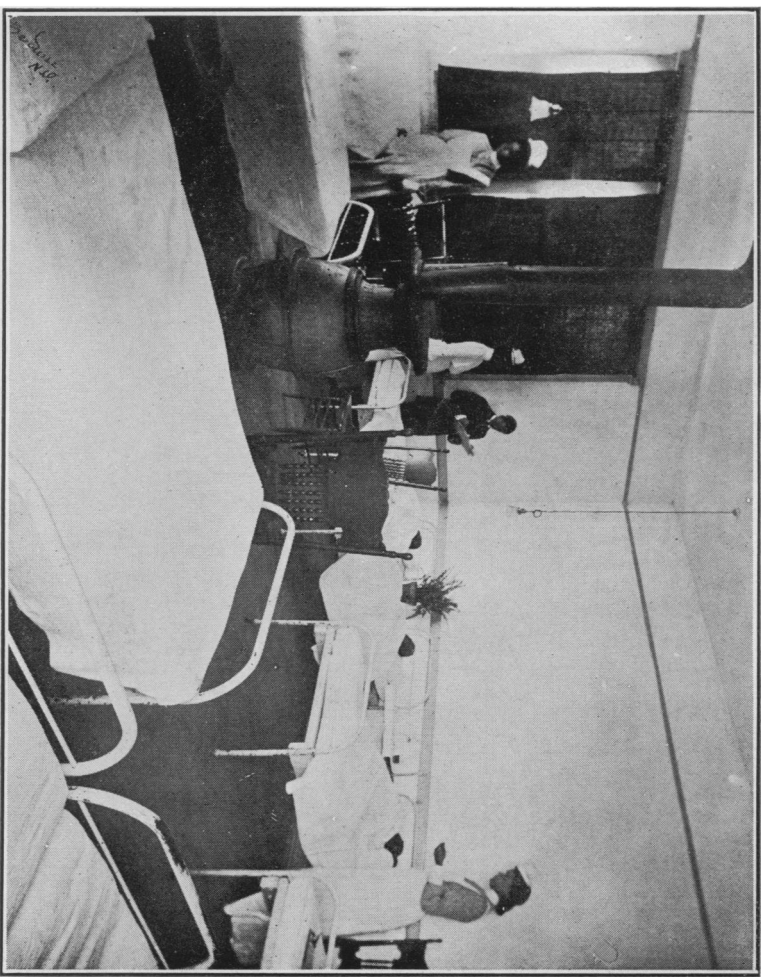
One of these, the Hale Infirmary, was founded by a colored man who gave \$25,000 to start it. It is now supported in part by the city and in part by the contributions of colored churches, women's clubs, and lodges. For several years past the position of matron at the institution has been held by a former graduate of the Nurses' Training School at Tuskegee.

The rapid rise of the Negro physician and the growth and multiplication of these Negro hospitals throughout the south has opened a wide field of service to the colored nurse among the members of her own race in the south, as well as among the white people.

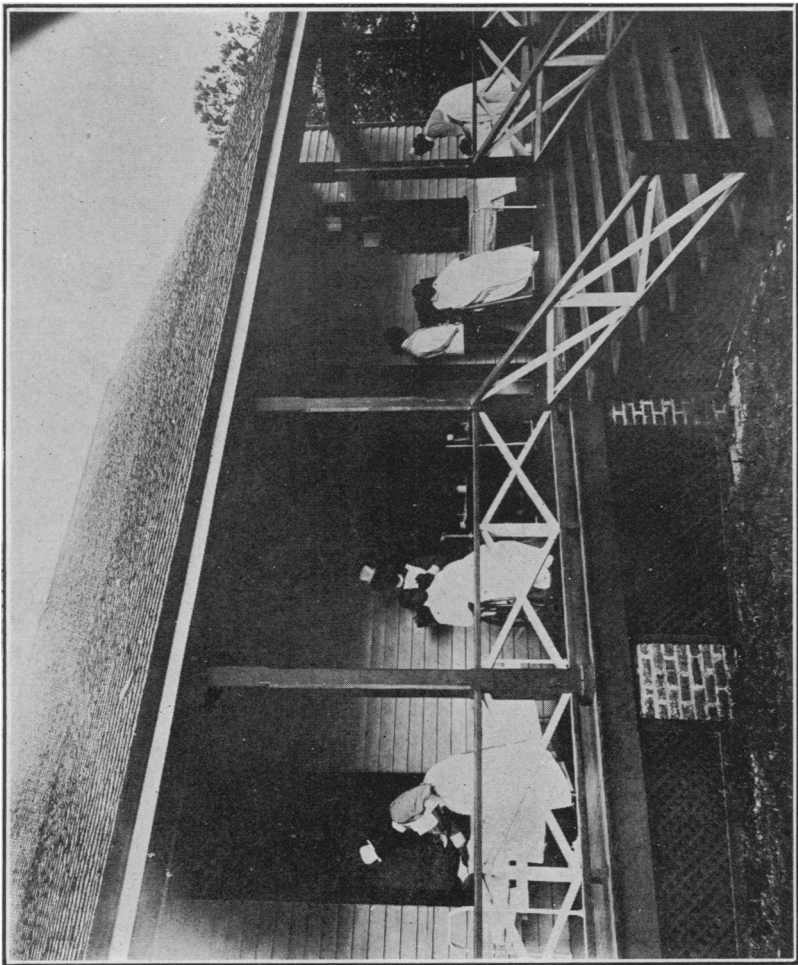
We have constant demands upon our institution for a much larger number of nurses than we are able to supply. One of the most successful of our graduates who took up trained nursing is in the city of Montgomery and is now constantly employed by the best white physicians in that city. Still another is doing excellent service as a district nurse in the city of Cleveland, Ohio. The only colored female nurses employed during the Spanish-American War were five nurses sent out from the Nurses' Training School at Tuskegee.

The course of study in trained nursing covers a period of three years. As outlined in the catalogue this course is as follows:

FIRST YEAR.—Nursing: nurses; the sick room; hospital ward; hospital etiquette; beds and bed-making; bed sores; circulation. pulse; temperature; respiration; ventilation; warmth; the skin: baths; massage; urine; catheterization; enemata; observation of symptoms; medicines, administration; local application; transfusion.



FEMALE WARD, TUSKEGEE INSTITUTE HOSPITAL.



TREATING TUBERCULAR PATIENTS, TUSKEGEE INSTITUTE HOSPITAL.

*Dietetics*.—Preparation of food for the sick: fluid diet; soft diet; light diet; soft or convalescent diet; special diet.

*Chemistry*.—Eight lectures in inorganic chemistry, covering matter; its conditions; the atomic and molecular theories; chemical nomenclature; elements; metals; non-metals; alkaline metals and gases, with the important compounds under each class and their application in medicine.

Eight lectures in organic chemistry, covering carbon and its allotropic modifications; hydrocarbons, emphasizing chiefly those used in medicine, and by the laity at large; carbohydrates, including glucoses, saccharoses, starches; chemistry of bread making; souring of milk; fermentation and products of fermentation.

*Anatomy and Physiology*.—Osteology; regions; cavities of the body and their contents; ligaments; muscles; circulatory system and nervous system.

*Physiology*.—Digestive system; digestion; salivary glands; saliva; gastric, pancreatic, and intestinal juices and their part in digestion; the skin and its appendages; respiratory system; the cell; structure of the cell; fundamental tissues of the body, and the five senses.

*Materia Medica and Therapeutics*.—The six principal avenues of medication; classification of drugs; materia medica proper; including botanical origin, if any; therapeutic value, preparation, action, doses, and administration of drugs in common use; weights and measures, signs and abbreviations; poisons and their antidotes; water, internal and external use; baths, kinds; douches, kinds; fomentations; compresses; packs, hot and cold.

SECOND YEAR.—*Nursing Continued*.—Food and its administration; bones; fractures; dislocation; bandaging; contagion and disinfection; surgical nursing; operative cases; gynæcology; obstetrics; sick children; special medical cases; emergencies, surgical and medical; termination of disease.

*Massage*.—Term used: procedures; mode of application; physiological effects; massage of special regions; therapeutic application.

*Hygiene*.—(a) Air: its composition; respiration; CO<sub>2</sub>; the initial air space; (b) ventilation: necessity and methods of heating and lighting; (c) water: composition; what constitutes a good drinking water; source of water supply; sources of contamination; diseases propagated by impure water; influence of water in animal economy; purification of water; soils; drainage; (d) disinfection: definition; sepsis; antisepsis; asepsis; deoderants; method of disinfecting clothing, rooms, etc.



*Urinalysis*.—Kidney; urine, normal and pathological; significance of albumin, sugar, etc.; practical demonstrations in laboratory.

*Bacteriology*.—Bacteria, harmful and beneficial, development of; method of destruction; surgical bacteriology. Sterilization: methods used in hospital practice; how to prepare the hands and arms for operation; infectious diseases; description and identification of certain medical and surgical bacteria; inspection of slides and methods of preparation.

THIRD YEAR.—Continuation of the theory of second year with the addition of nursing in families. Students are for a time put in charge of dressing and operating rooms and act as assistants to the head nurse; district nursing.

The training for nurses is carried on under the direction of our resident physician, Dr. J. A. Kenney, who is secretary of the National Association of Negro Physicians, Dentists, and Pharmacists; a head nurse, who is a graduate of the Nurses' Training School connected with the Provident Hospital of Chicago, Illinois; an assistant head nurse; a pharmacist, who is a graduate of Howard University Medical School, Washington, D. C., and an interne.

There is still a great need for Negro nurses all through the south. The field is a remunerative one, in which much good can be done. A physician from Arkansas related a few days ago, that in his town special measures were taken by himself and a society of women to bring into the town a trained nurse for the benefit of the Negroes, and that it was only a short while before the whites took her completely away, paying higher wages than the Negroes could afford.

There is need of more training schools in the south to furnish well-trained nurses to meet these demands. The Tuskegee Institute Training School is, to a limited extent, meeting this need. Our nurses have taken rank with nurses of other schools in some of the large cities of the north as well as in many places in the south. One of our male nurses is connected with the United States Army Hospital Service in the Philippine Islands.

To prove that young colored women are alive to the situation, we cannot admit more than possibly a third or one-half of the number of those who apply.

In connection with the work done in training nurses in the Institute, I should perhaps mention that a course in child nursing and nurture has recently been started as one of the "trades" taught girls. The purpose of this course is to fit young women to care, not merely for the physical but for the mental well-being of the child. In the south,

in the present time as in the past, the children of the best white families spend a large part of their childhood in the care and in contact with a colored nurse. It is very important to the welfare of both races that the young colored women who have the care of those children should be well trained and disciplined. It is important that they should understand thoroughly all the physical needs of the children under their care, so that they can keep them in good health. It is equally necessary that these young women's minds should be trained; that they should possess a great store of the wholesome and beautiful lore of childhood, that they should know how to share in their games, their play, and, in all their associations with the children, to impart this lore and learning of childhood in such a way as to inspire high, pure thoughts and ideas, rather than the reverse.

On the other hand, perhaps the greatest need of the Negroes, as of most other people, is that something should be done in the schools the young colored women who have the care of those children should build better and more comfortable houses. They must learn to arrange the whole life that goes on within these homes in an orderly manner. The cooking must be wholesome. The meals must be served regularly, and with a certain amount of ceremony. There must be good books, sound habits, and wholesome ideas. A man can build the house but the woman must, for the most part, furnish the sort of culture and refinement that makes it a home. The course in child nurture and nursing has been established to complete the training in home building which is carried on as part of the industrial training of young women at Tuskegee.

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## POLIOMYELITIS

By ELIZABETH R. MILLER

Graduate of the Children's Homœopathic Hospital, Philadelphia

THERE are few diseases that have as pathetic sequelæ as poliomyelitis, a disease about the essentials of which physicians are still in the dark.

It is only within recent years that the disease is known to be a transmissible one, and only very recently that so much is being done to combat the paralysis following, for it is undoubtedly the early diagnosis with intelligent and early treatment that is giving such gratifying results.

Physicians in general, and pathologists in particular, alarmed at the appalling amount of cases recently recorded, particularly in Pennsylvania, are bending every effort to find the cause and prevent the spread